

「腳踏實地」的中風訓練

Latest technology in stroke rehabilitation for over-ground training



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在中風後的康復訓練中，部份病人都會在跑步帶機上進行練習，訓練位置固定在跑步機上，無法鍛練現實生活中步行時會遇到不同障礙物的情況。此系統利用物理治療中廣為使用的減重步行訓練概念，並結合不同的控制模式，配合預先設計的障礙物，能夠更真實地模擬病人在室內室外步行的情況。貼近真實生活情況的步行訓練更可以增加下肢運動功能及提升患者安全步行的能力，重燃自主步行新希望。

Treadmill based training is common in current stroke rehabilitation. However, treadmill based training has a gap in providing walking training over obstacles as needed in daily activities. The Andago system can provide dynamic weight support with patient or therapist controlled mode during walking exercise, thus bridge the gap between treadmill based training and overground walking. Daily activities simulated walking exercise can facilitate functional movement relearning and enhances ambulation ability.

治療步驟 Procedures

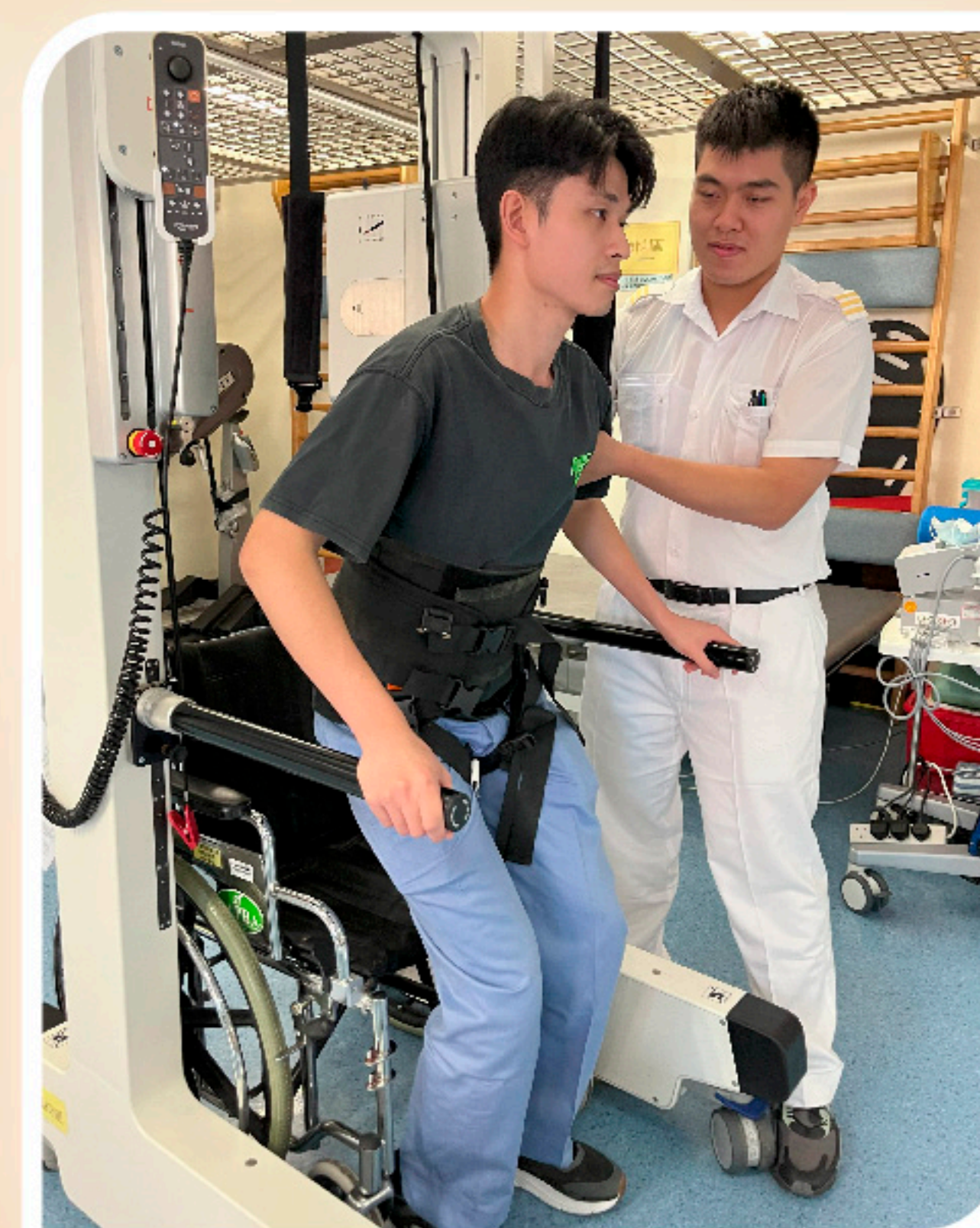
1

病人選擇適合的安全帶尺碼及調校扶手高度
Prepare suitable harness and adjust suitable height of handrail



2

將安全帶和機器連接及選擇適當的承重力度
Connect the harness to Andago and select suitable weight support



3

進行約三十分鐘訓練
Start training for around 30 minutes

